# Considerations and Challenges for School and Community Programs

Keeping Children/youth Active
During and After School
when the
Air Quality is Poor

### The Need for Physical Activity for Children and Youth

• 74% of California's 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders did not meet minimum standards to be considered fit in the spring of 2003.

- Aerobic Capacity 50.6 % of 9<sup>th</sup> graders . . .
- Body Composition 33.2 % of those tested
- Flexibility 34.2% of 5<sup>th</sup> graders.....

### The Messages about Physical Activity

Balanced

Facts vs. Feelings

Unspoken Messages, but very clear

#### The Role of the School

- Educate
  - Students
  - Parents/community members
  - Staff

Provide Safe Environments

### Key Practices for Effectiveness

Plan

Provide Training

Deliver the plan when needed

### After School Physical Activity Programs

- School Sponsored
- CommunitySponsored

- After school programs
- Athletic programs
- Homework
- Community Projects

- Youth Sport Associations
- YMCA, Boys and Girls clubs, scouts, etc
- Communities of faith

#### School Sponsored

Considerations

- Communication systems in place
- Trained certificated staff
- Student health information

Challenges

- Clearly developed and communicated policies
- Educated community
- Trained staff
- Interpretations and Implications

#### Community Sponsored

Considerations

- Expectations
- Responsibilities
- Partnerships with school programs

- Challenges
- Communication channels
- Background and training of staff
- Accountability measures
- Decisions based on other . . . . . .

#### Sound Practices

- Clearly defined and communicated criteria for physical activity during periods of poor air quality based on scientific principles
- Communication of criteria and policy
- Preparedness to provide authentic and meaningful physical activity on poor quality air days.
- Knowledgeable adults and children/youth

## Dianne Wilson-Graham Physical Education Consultant California Department of Education

(916) 319 - 0280

dwilsong@cde.ca.gov